

Please visit us online at: www.seattle.gov/parks

loyal heights

COMMUNITY CENTER



SPRING 2004 PROGRAMS



Loyal Heights Community Center

2101 NW 77th Street
Seattle, WA 98117
Ph: (206) 684-4052
Fax: (206) 684-4053

Mon./Wed./Fri.
Tues./Thurs.
Saturday
Sunday

1pm - 9pm
9am - 9pm (until May 29)
10am - 5pm
Closed

center * information

Loyal Heights Community Center

2101 NW 77th Street / Seattle, WA 98117

ph: (206) 684-4052

fax: (206) 684-4053

Business Hours

Monday/Wednesday/Friday	1pm - 9pm
Tuesday/Thursday	9am - 9pm
Saturday (until May 29)	10am - 5pm
Sunday	Closed

Holiday Schedule

There will be no programs offered on the following days:
May 31 Memorial Day

Parks and Recreation Staff:

Ken Bounds, Superintendent

Christopher Williams, Operations Director

Kathie Huus, Northwest Parks and Recreation Manager

Tom Ostrom, Northwest Senior Recreation Coordinator

Mike Brady, Center Coordinator

LaShawn Street, Assistant Center Coordinator

Penny Atwood, Recreation Attendant

Jefri Peters, Teen Development Leader

Marci Jaye, Childcare Director

Jeri Cullinane, Preschool Head Teacher

Sue Hare, Building Maintenance

You Can Make a Difference

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables Loyal Heights to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (once a month or the fourth Wednesday evening of the month) to talk about programs, policies and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact the Loyal Heights staff at 684-4052.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations and contributions to buy, repair, maintain and upgrade program equipment and supplies.

Advisory Council:

Cheryl Dyer	Chair
Eli Tangen	Vice Chair
Sharon Mahsman	Secretary
David Martin	Treasurer
Kelly Bryant	Member
Kim Carroll	Member
David Eggenberger	Member
Stu Frothingham	Member
Carol Gard	Member
Maria Luisa Germani	Member
Jamie McCormack	Member
Judy Tangen	Member



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special events

Sensational Spring Scramble

Saturday, April 10, 2004

9:45am Meet in the center lobby to organize

10:00am Hunt begins on the front lawn and softball fields

Don't forget your baskets and bags! Rain or shine, come on down and fill your baskets with candy and toys! Children, 0 - 10 years old will be divided into age-appropriate groups. Enjoy the Community Open House in the center lobby after the hunt - complimentary coffee, juice, and donuts provided.

Bike Helmet Sales Scheduled at Parks Locations

Recent legislation requires all bicyclists to wear bike helmets. Beginning May 15 and continuing the third Saturday of each month through September, Seattle Parks and Recreation, in cooperation with Cascade Bicycle Club Education Foundation, will conduct bicycle helmet sales at affordable prices. Sales will occur on all dates at Queen Anne Pool, Meadowbrook Pool, Green Lake Recreation Complex, Medgar Evers Pool, and Rainier Beach Recreation Complex. Sales will occur May-July at Southwest Recreation Complex and August-September at High Point Community Center.

Teen Flashlight Candy Hunt Friday, April 9, 2004 at dusk



Thursday, April 22 is Earth Day!

Seattle Parks and Recreation invites you to celebrate Earth Day at a park or community center near you. We have more than 150 opportunities for you and your family to explore, learn about, or care for your world. Here are just some of the ways you can enjoy this month-long celebration (April):

- Go for a walk in over 5,000 acres of Seattle's parks
- Alternative Fuel Car Rally (4/10) at Discovery Park (733-9434)
- "Living with Beavers" workshop at Meadowbrook Community Center (4/27) (684-0877)
- Senior Adult Work Party and Lunch - Carkeek Pk (4/22) (233-7138)
- Nature "Tot Walks" for families at Camp Long (684-7434)
- Adopt your neighborhood park (684-4075)
- Seattle Aquarium's Family Science Day (4/24) (386-4300)
- Take a "Backyard Habitat Gardening" class (4/17) (684-0877)
- EarthCorps Ivy Removal at Cheasty Blvd (4/17) (322-9296x217)

To learn more, please call 684-4075, or Adam Cole, 733-9701,
<http://www.seattle.gov/parks/Environment/earth.htm>

Lead a
"Spring Clean"
neighborhood
cleanup project
where you live or
work.

Seattle
Public
Utilities

March 27 - May 15

Call:
233-7187, or:
[http://www.cityofseattle.net/
util/ept/springclean/](http://www.cityofseattle.net/util/ept/springclean/)

tots & toddlers

Loyal Heights Preschool Spring Preschool 2004

Registration

Currently enrolled families: March 1 - March 15.
Open enrollment for new families: begins March 17.

Payment

Payment can be made in full at time of registration or a non-refundable/non-transferable deposit will be required to hold a space at time of registration. The balance will be spread into monthly payments due on the 15th of the preceding month.

Parent/Child Playgroup

9 weeks	April 16 - June 11
Fridays	9:30am - 11:30am
18 months to 3½	Max 20
Room 3 and 4	\$108 total/\$36 monthly

Instructor: Jeri Cullinane

This class is geared to enable caregivers a time to relax (at least a little bit) and talk with other adults while their children enjoy sensory, art and music activities. Older siblings half-price, siblings under 1 year free.



Two Day 2's | Tadpoles

9 weeks	April 13 - June 10
Tues. & Thurs.	9:30am - 12:00pm
2 years (by Aug 31, 2003)	Max 6
Room 1	\$270 total/\$90 monthly

Instructor: Denae Gordon

Two year olds learn to share and interact with other children in a safe and nurturing environment. Age appropriate curriculum includes free play, art, sensory, music, stories, and small/large motor skills. Come join the fun!

Co-op 2's | Cubs

9 weeks	April 15 - June 10
Thursdays	9:30am - 12:00pm
2 years (by Aug 31, 2003)	Max 10
Room 4	\$135 total/\$45 monthly

Instructor: Heike Burr

Learning through art, stories, music, sensory activities, and cooperative playtime. This simplified co-op requires only that each parent stays in class twice during the quarter. Join us for a great beginning to your child's preschool experience.

Two Day 3's | Grizzlies

9 weeks	April 13 - June 10
Tues. & Thurs.	9:30am - 12:30pm
3 years (by Aug 31, 2003)	Max 8
Room 5	\$324 total/\$108 monthly

Instructor: Lynn Frothingham

Come to preschool to make friends and have fun! Artwork, stories, songs, sensory and small and large motor skills will be explored. Three year olds will make lots of discoveries in this responsive, positive environment.

Three Day 3's | Chipmunks

9 weeks	April 12 - June 11
Mon, Wed, Fri.	9:30am - 12:30pm
3 years (by Aug 31, 2003)	Max 6
Room 1	\$468 total/\$156 monthly
	no class May 31

Instructor: Denae Gordon

Drop off your 3 year old for three hours of preschool fun in a safe and nurturing environment. Arts and crafts, stories, small/large motor skills and music are all a part of this fun-filled day. Must be potty trained.

Three Day 3's Co-op | Bears

9 weeks	April 12 - June 11
Mon, Tues, Wed.	9:30am - 12:30pm
3 years (by Aug 31, 2003)	Max 10
Room 4	\$468 total/\$156 monthly
	no class May 31

Instructor: Heike Burr

Learning through art, stories, music, sensory activities, and cooperative playtime. Class will also include introduction to the alphabet and numbers. Join us for a fun time learning and sharing with friends. This is a simplified co-op with no evening meetings, no board positions and no detailed job assignments. Must be potty trained.

Three Day 4's | Ravens

9 weeks	April 12 - June 11
Mon, Wed, Fri	9:30am - 12:30pm
4 years (by Aug 31, 2003)	Max 10
Room 5	\$468 total/\$156 monthly
	no class May 31

Instructor: Jenny Youngman

Preschool fun through discovery of the arts, science, literature, sensory activities and more. In our classroom, children will be exposed to world cultures through games, songs, crafts, and food! Four year olds will develop life skills in a positive, caring, and creative environment.

tots & toddlers

Afternoon Pre-Kindergarten | Eagles

9 weeks April 13 - June 10
Tues, Wed, Thurs. 1pm - 4pm
4 & 5 years (by Aug 31, 2003) Max 10
Room 3 \$486 total/\$162 monthly

Instructor: Margaret Clarrissimeaux

Co-teacher: Janice Kirstein

Brighten up your afternoon. This classroom for 4 and 5 year olds weaves art, music, math, science, drama and language arts with exciting themes. Children will experience the fun of making new friends and playing together in a creative learning environment. On Tuesdays and Wednesdays, there is a co-teacher. On Thursdays a parent or two participate in the class. This is a simplified co-op with no evening meetings, no board positions and no detailed job assignments.

Morning Pre-Kindergarten | Raptors

9 weeks April 12 - June 10
Mon, Tues, Wed, Thurs. 9:30am - 12:30pm
4 & 5 years (by Aug 31, 2003) Max 10
Room 3 \$630 total/\$210 monthly
no class May 31

Instructor: Jeri Cullinane

Arts, science, math, songs, drama, language, and social studies for 4 and 5 year olds. Experience cooperative learning with other children and parental connection that enhances confidence and self-esteem. This is a simplified co-op with no evening meetings, no board positions, and no detailed job assignments.

2004 - 2005 School Year

Registration

Currently enrolled families: April 12 - April 23

Open enrollment for new families: begins April 26

Registration is based on a first come, first serve basis. Doors will open at 9:30am. Numbers will be distributed and your number will be called in numerical sequence. Spots will be filled based upon availability until class maximums have been reached. A wait list will be formed for classes which meet maximum capacity. This wait list will remain active for the school year.

Payment

There are two payment options. Payment can be made in full for the entire school year at time of registration or a non-refundable/non-transferable deposit will be required at time of registration to hold a spot for the school year. The balance will be averaged over the 10 months (September - June) of the program for a consistent monthly fee. This monthly payment is due on the 25th of the preceding month. A late fee of 10% of the monthly payment will be charged after the 25th through the 5th business day in which the payment is late. An additional late fee of 1% will be added for each business day thereafter.

Fall Quarter

September 20 - December 15.

There will be no class on the following dates:

Thursday, November 11 Veteran's Day
Wed., Nov. 24- Fri., Nov. 26 Thanksgiving Break

Winter Quarter

January 3 - April 1.

There will be no class on the following dates:

Monday, January 17 Martin Luther King Jr. Day
Mon., Feb. 21 - Fri., Feb. 25 Mid-Winter Break

Spring Quarter

April 11 - June 10.

There will be no class on the following date:

Monday, May 30

*Class descriptions will soon be available.

Class Options	Fall	Winter	Spring	Total	Deposit	Balance	Monthly Payment
Parent/Child Playgroup Teacher Lynn	\$132	\$144	\$108	\$384	\$35	\$349	\$34.90
Two Day 2's Tadpoles Teacher Denae	\$345	\$360	\$270	\$975	\$100	\$875	\$87.50
Co-op 2's Cubs Teacher Heike	\$150	\$180	\$135	\$465	\$35	\$430	\$43
Two Day 3's Grizzlies Teacher Lynn	\$414	\$432	\$324	\$1170	\$100	\$1070	\$107
Three Day 3's Chipmunks Teacher Denae	\$648	\$630	\$468	\$1746	\$100	\$1646	\$164.60
Three Day 3's Coop Bears Teacher Heike	\$684	\$630	\$468	\$1782	\$100	\$1682	\$168.20
AM Pre-K Ravens Teacher Jenny	\$648	\$630	\$468	\$1746	\$100	\$1646	\$164.60
AM Pre-K Eagles Teacher Margaret	\$630	\$648	\$486	\$1764	\$100	\$1664	\$166.40
PM Pre-K Co-op Raptors Teacher Stephanie	\$864	\$846	\$630	\$2340	\$100	\$2240	\$224

tots & toddlers

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All classes are taught by Ginger Huebner. The combination of a Master of Arts in Teaching in Visual Art and a Bachelor of Architecture allow Ginger Huebner to bring a unique cross-section of experience and knowledge to the realm of art education. Well-versed in both the history of art and architecture, Ginger has a passion for encouraging others in their creative abilities. She has a diverse curriculum library and loves to integrate architecture and technology with principles and fundamentals of art.

Inventions!

4 week sessions

Session I

Session II

Mondays

Room 5

\$40/session

April 19 - May 10

May 17 - June 14

1 - 2pm

min 5/max 10

Come alone or with your favorite adult and bring a collection of found or recycled materials! Now let's see what you can invent! This will be a series of fun adventures depending on the items brought each week.



new new new new new

Dance/Acrobatics Combo

10 weeks

Thursdays

Ages 3 - 5

April 15 - June 17

1:30-2:15pm

\$60

Instructor: Narda Elaine Curlee

Basic stretching, movement and floor work combined with dance instruction. Students will be offered the opportunity to perform in front of an audience. Girls: leotards or swimming suit and shorts. Boys: short sleeved t-shirt with shorts or sweats.

Preschool Summer Camp

Registration

Currently enrolled families: April 12 - April 23

Open enrollment for new families: begins April 26

Registration for new families is based on a first come, first serve basis. Participation in the preschool summer camp does not guarantee a spot in the 2004 - 2005 preschool program. Preschoolers must be potty trained. Preschoolers are asked to bring a sack lunch everyday.

Payment

There are two payment options. Full payment can be made in full for the week at time of registration or a non-refundable/non-transferable deposit will be required at time of registration to hold a spot for the week. The balance will be due the Friday before the first day of camp.

3 - 5 years

\$90 per week (Week 3: \$72)

10am - 1pm

Deposit: \$25

Week	Dates	Themes	Teachers
1	June 21 - June 25	A Bug's Life Nursery Rhymes	Heike Denae
2	June 28 - July 2	Science Adventures Sewing and Fabric Art	Heike Margaret
3*	July 6 - July 9	Creation Station Wacky Water Fun	Jenny Denae
4	July 12 - July 16	Beach Blast The Great Outdoors	Lynn Denae
5	July 19 - July 23	Dino Fun Under the Sea	Heike Jenny
6	July 26 - July 30	Treasure Trove	Heike
7	Aug 2 - Aug 6	Creation Station Camp KOA (Kids on Adventure)	Jenny Heike
8	Aug 9 - Aug 13	The Five Senses	Heike



KidZone Summer Day Camp

K - 5th Grades

\$135 per week

week	dates	themes
1	6/21 - 6/25	The Heights
2	6/28 - 7/2	Imagination Station
3	7/6 - 7/9	Science Adventures
4	7/12 - 7/16	The Great Outdoors
5	7/19 - 7/23	Take the Challenge
6	7/26 - 7/30	All Over Seattle
7	8/2 - 8/6	Around the Globe
8	8/9 - 8/13	What's Cooking?
9	8/16 - 8/20	KidZone Olympics
10	8/23 - 8/27	Wacky Water Fun
11	8/30 - 9/3	KidZone Takes the Stage

Registration begins March 30, 2004. Space is limited. Please register early. **\$135 per week.** Weekly rates only (sorry, no drop-ins). A \$25 per week non-refundable/non-transferable deposit will reserve your child's spot for summer. Payment is due in full for your child's first week of camp at time of registration. **You will need:**

- a copy of your child's immunization record
- a medical authorization form
- a registration form

youth

KidZone

K - 5th Grades

Director: Marci Jaye
Staff: Galen Mabbott
Kim Nguyen

Hours of Operation:

AM attendance: 7am - 9am
PM attendance: 3pm - 6pm
Full Day Camp: 7am - 6pm
1/2 Day Camp: 1pm - 6pm
(early release days)

No Spring Program Dates:

May 31 Memorial Day

School Break Camps

April 5 - 9 7am - 6pm
\$30/day or \$125/week

Space is limited. Please register and pay in advance at the front desk to reserve a space.

Are you looking for a positive environment for your child to be in before and/or after school? We offer cooking, homework club, games, sports, arts/crafts, and much more! Our KidZone members enjoy great friendships, activities, and free time everyday. Snack provided both AM and PM. Our van services local schools. Most parents are able to make arrangements for Laidlaw bus service to drop off at or near Loyal Heights Community Center from schools out of the area.

KidZone also offers all day or partial Day Camps on days that school is out for vacations and teacher in-service days for an additional fee. This program is not in session on City holidays. See above dates.

Payments are expected by the 25th of the preceding month. **One month notification required to change scheduled attendance.**

Loyal Heights Community Center is Giving Back to the Community

The Loyal Heights Youth Programs are asking families to look in your closets, under your bed, behind the couch for any of these new or used clothing items that your family is currently not using (coats, sweaters, pants, socks, etc.). Please talk to LHCC Staff if you have any questions 684-4052. Please drop off donations at front desk. Sponsored by KidZone Afterschool Program and Teen Advisory Council. Donations given to support local families through the NorthWest Emergency fund.

KidZone Fees:

	5 days	4 days	3 days	2 days	1 day
AM Only	\$175	\$172	\$129	\$86	\$43
PM Only	\$230	\$220	\$165	\$110	\$55

Seattle Public School Early Release days are included in these prices. In-service days are **not** included in these prices. Full Day camp on these days are \$27. Pre-registration at the front desk is required. Scholarships available. Please inquire at the front desk.

Signing Up

Paperwork needed:

1) Participant Information and Authorization Form

(Yellow) All families need to complete a form.

2) Immunization Form

If you have one on file...you're done, otherwise one is required.

3) Registration Form

Completed for registration.

Spring Themes:

April Spring Up & Grow
May Around the World
June Fun for All



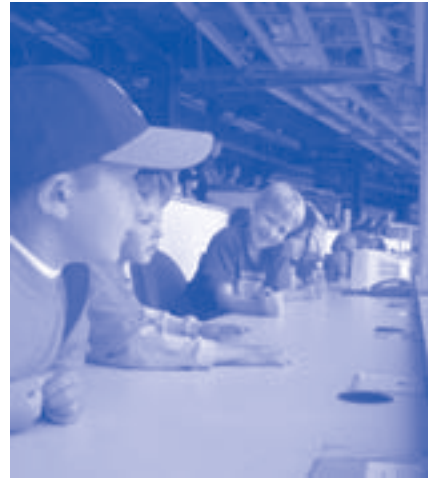
youth

Private Piano and Organ Lessons for Youth & Teens

Ages 7 years and older
Ages 6 and under accepted (with teacher consent) for weekly 40 minute lessons (\$222)
12 weeks April 6 - June 25
Tues./Wed./ or Fri. 6 - 9pm
\$111 Room 3

Instructor: Joyce Bailey

Learn to play the piano and organ from an experienced professional teacher in weekly 20 minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Individual 20 minute lessons will be arranged with instructor. Joyce has over 35 years of teaching experience and is a member of the Seattle Music Teacher's Association.



Gymnastics

Each session is 5 weeks long.

Session I April 5 - May 7
Session II May 10 - June 18*

***There will be no class on Monday, May 31.**
(holiday make-up classes to be arranged with Kim)

\$20 per year insurance coverage requirement

Attendance Policy

24 hour advance notice must be given to front desk and/or instructor prior to missed class. Make up class will be scheduled prior to end of quarter. No refund or credit will be given for missed classes. Please see the front desk if you have any new questions. **Please note: there is a 3 child minimum for each class.** Schedule is subject to change.

Instructor: Kim Nguyen

All classes are taught by Kim Nguyen. Kim is a former level 10 gymnast and has taught recreational and competitive gymnastics since 1999. Kim is junior at the University of Washington.

Monday		Session I	Session II
1:00 - 1:45	Tiny Tumblers	\$50	\$40
1:45 - 2:30	Tiny Tumblers	\$50	\$40
4:00 - 5:00	Level 1/Level 2	\$55	\$44
5:00 - 6:00	Level 1/Level 2	\$55	\$44

Wednesday

1:30 - 2:15	Tiny Tumblers	\$50	\$50
2:15 - 3:00	Tiny Tumblers	\$50	\$50
3:15 - 4:00	Tiny Tumblers	\$50	\$50
4:00 - 4:45	Tiny Tumblers	\$50	\$50
4:45 - 5:45	Level 1/Level 2	\$55	\$55

Friday

2:00 - 2:45	Tiny Tumblers	\$50	\$50
2:45 - 3:30	Tiny Tumblers	\$50	\$50
3:45 - 4:45	Level 1/Level 2	\$55	\$55
4:45 - 5:45	Level 1/Level 2	\$55	\$55

Tiny Tumblers Ages 3 - 5 45 minutes

Tiny Tumblers will be taught basic gymnastics skills on the floor, bars, balance beam, trampoline, and vault while having lots of fun in safe and happy environment.

Level 1 - Beginner Ages 6 - 12 60 minutes

Level 1 students will learn and practice basic gymnastics skills on the floor, bars, balance beam, trampoline, and vault will building up strength, flexibility, and body awareness. Recommended for children with little or no gymnastics experience.

Level 2 - Intermediate Ages 6 - 12 60 minutes

Level 2 teaches intermediate gymnastics to children 6 to 12 years old who have had prior gymnastics experience. Level 2 students will practice perfecting skills learned in the beginner level class and progress towards more difficult gymnastics. Recommended for children with prior gymnastics instruction.

WE LOVE GYMNASTICS!
THE LOYAL HEIGHTS COMMUNITY CENTER GYMNASTICS PROGRAM IS OFFERING ONE FREE TRIAL CLASS FOR NEW STUDENTS. PLEASE CONTACT KIM NGUYEN AT 684-4052 FOR CLASS AVAILABILITY. DUE TO CLASS SIZE AND THE SAFETY OF OUR CHILDREN, DROP INS WILL NOT BE ALLOWED WITHOUT CONFIRMATION FROM INSTRUCTOR. WE LOOK FORWARD TO SEEING YOU! EXPIRES JUNE 7, 2004.



youth

new new new new new

Dance/Movement

All classes are taught by **Narda Elaine Curlee**. All students have the optional opportunity to perform in front of an audience throughout the year. If a student chooses to perform, a reasonable team leotard or costume will be required to purchase.

Dance/Acrobatics Combo

10 weeks April 15 - June 17
Thursdays 1:30-2:15pm
Ages 3 - 5 \$60

Basic stretching, movement and floor work combined with dance instruction. Students will be offered the opportunity to perform in front of an audience. Girls: leotards or swimming suit and shorts. Boys: short sleeved t-shirt with shorts or sweats.

Beginning Dance Combo

Tap/Ballet/Jazz

10 weeks April 12 - June 21
Mondays 6:15 - 7pm
Ages 7 - 10 \$60

(there will be no class on May 31)

What form of dance is your favorite? Try them all! Tap, ballet, and novelty jazz are all offered in one combo class. Dance attire required.

Beginning Baton

10 weeks April 12 - June 21
Mondays 7 - 7:45pm Ages 6 - 10
Thursdays 6:15 - 7pm Ages 8 - 12
\$60

(there will be no class on May 31)

Lead the parade! Don't let baton twirling become a "lost art!" Ex-twirler with the "Scarlet Lancers," Narda Elaine Curlee will teach technique, appropriate dance moves and march. Batons available for sale (or borrow one of ours). Please wear dance attire or a short sleeved t-shirt with shorts or sweat pants.

Dance/Acrobatics Combo

10 weeks April 13 - June 17
Tuesdays 5 - 5:45pm
Ages 5 - 8 \$60

Basic stretching, movement and floor work combined with dance instruction. Students will be offered the opportunity to perform. Girls: leotards or swimming suit and shorts. Boys: short sleeved t-shirt with shorts or sweats.

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new new new new new

studiofabrikat

All classes are taught by Ginger Huebner. The combination of a Master of Arts in Teaching in Visual Art and a Bachelor of Architecture allow Ginger Huebner to bring a unique cross-section of experience and knowledge to the realm of art education. Well-versed in both the history of art and architecture, Ginger has a passion for encouraging others in their creative abilities. She has a diverse curriculum library and loves to integrate architecture and technology with principles and fundamentals of art.

Inventions! Ages 4 - 6

4 week sessions \$40/session
Session I April 19 - May 10
Session II May 17 - June 14
Mondays 1 - 2pm
Room 5 min 5/max 10

Come alone or with your favorite adult and bring a collection of found or recycled materials! Now let's see what you can invent! This will be a series of fun adventures depending on the items brought each week.

Jungle Paintings! Ages 8 - 12

4 week sessions \$40/session
Session I April 19 - May 10
Session II May 17 - June 14
Mondays 4 - 5pm
Room 5 min 5/max 10

(there will be no class on May 31)

Using inspiration from the artist Henri Rousseau students will create a magnificent jungle scene using the technique of crayon and watercolor resist. Each week we will build up layers of our jungles and the by the end everyone will have their own unique work of art.

Gigantic Spring Flower Paintings! Ages 6 - 12

4 week sessions \$40/session
Session I April 21 - May 12
Session II May 19 - June 9
Wednesdays 4 - 5pm
Room 5 min 5/max 10

(there will be no class on May 31)

Students will be taking a close look at the beautiful flowers of spring and learning to paint them on huge pieces of paper. Throughout the classes we will experiment with a variety of watercolor and tempera paint techniques. Come ready to learn from the wonders of the natural world.

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youth

Indoor Nerf Soccer : \$35

Boys and girls ages 5 - 6 years old
April 12 - June 4 8 weeks

Children play in the gymnasium and learn the fundamentals of soccer. Practice will be Tuesdays and Thursdays from 5:30 - 6:30pm until games begin, which will be on Thursdays. Fee includes a t-shirt. **Volunteer coaches and helpers needed.**

T-ball (ages 6 - 7) : \$40

Coach Pitch (ages 8 - 9) : \$40

T-ball and Coach Pitch introduce your child to the fundamentals of baseball. Kids learn techniques of throwing, catching, fielding, and hitting off of a "T" or a pitch from a coach. Boys and girls of all abilities are welcome. Practices and scrimmages begin in April and end in June with T-Ball scrimmages on Fridays and Coach Pitch scrimmages on Saturdays. Team formation is based on returning players and random selection if teams fill. **Newcomers may put their name on a waiting list to be placed on a team if openings become available beginning March 16th. Space is limited so please sign up early! Volunteer coaches and helpers needed.**

Girls Softball (ages 10 - 17) : \$40

Citywide girls softball teams will be formed with returning players and random selection if teams fill. Practice times will be during the week with games on the weekends. Practices and games begin in April and end in June. **Newcomers may put their name on a waiting list to be placed on a team if openings become available beginning March 16th. Volunteer coaches and helpers needed.**

Teen Nights: Mini-Workshops Cards and Bookmaking

Friday, April 23 5 - 6pm
\$15 min 5/max 20

Take some time to design your own line of cards or book to use for any occasion. This mini is all about letting those creative juices flow. You will have the choice of a great diversity of materials allowing you to draw, paint, sew, stamp, collage, pin, and layer just about anything to create cards, envelopes, books: covers and insides! Bring your friends to create your own series together. Feel free to bring any objects or materials you may want to use!!

Art from Music

Friday, May 21 5 - 6pm
\$15 min 5/max 20

Come by yourself or with a group of friends! Bring your own CDs and we will discover the relationship between visual art and music. Be prepared to explore a variety of artistic mediums.



teens

Teen Development Leader

Jefri Peters : 684-4052 : Jefri.Peters@seattle.gov

The "Loft" at Loyal Heights CC

The "Loft" is dedicated space that is used solely for teen programs and activities. On average between 45-80 teens use this space on any given day. The "Loft" is always in need of a couch, chair, suitcases, desk, bookshelf, lamp, table, carpet, board games, VCR, computer etc, and if you would like to donate them, please contact Loyal Heights Staff. All donations are tax deductible. .

Monthly Teen Activity Calendars are available at the Loyal Heights Community Centers front desk. To participate in any teen activities listed on the schedule you must:

- Register at Ballard or Loyal Heights Community Centers.
- Complete a Yellow Participant Information and Authorization form on file.
- For specific field trips complete a Field Trip Permission Form signed by your parent or guardian.

Remember there is limited space for specific activities and field trips. Registration must be done at least one week in advance. All programs are supervised by a Teen Development Leader, instructor, or volunteer.

Other Fun Times To Keep in Mind

March 6	Loyal Heights Pancake Breakfast	9am - 12:30pm
April 5 - 9	YOUTH APPRECIATION WEEK	
April 5	Youth Appreciation Week Kick off Event	Time TBA
April 7	City Wide Teen BBQ and Sandpoint	12 - 5pm
April 9	Loyal Heights Teen Flashlight Hunt	7pm (dusk)
May 5	Teen Cinco de Mayo Party at Loyal Heights CC	4:30pm
	Grand Opening of Golden Gardens Bath House	TIME TBA
Third Thursday of every month : Loyal Heights Teen Advisory Council "Round Table Meeting" Dinner Provided		6pm
BREAK DANCING TBA		

teens



Through the passage of the Pro Parks Levy, the city of Seattle has allocated funds to finance Teen Development Leader Jefri Peters to provide various activities and programs for Teen grades 6th-12th during the many times - Afternoon, evenings, weekends, and summers -when they are not in school. These funds will help teens enjoy recreational, cultural, athletic, and educational opportunities in a safe, fun and welcoming environment. The six core program areas that Teen Development Leaders will be focusing on are:

- Arts and Culture
- Life skills and Job Readiness (Service Learning)
- Social Recreation
- Citizenship and Leadership Development
- Sports and Fitness
- Environment Education, and Stewardship

Loyal Heights Teen Advisory Council

Loyal Heights Teen Advisory Council

Round Table Meetings

3rd Thursday of every month

6pm Dinner Provided

Committee/Adhoc work

Tuesday

3 - 4:30pm

One of the best ways that you can earn your service learning credits is by being a part of the Loyal Heights Teen Advisory Council Round Table. This hour will be set aside every Tuesday for these groups to plan, facilitate, and work on their leadership and communication skills.

Current Teen Advisory Council Board of Directors

Emily Hall	Co-President (Teen Leadership Board Rep)
Michelle Mercier	Co-President (Teen Leadership Board Rep)
Nik Ellis	Vice President (Teen Leadership Board Rep)
Marissa Estrada	Secretary (Teen Leadership Board Rep)
Bret Johnston	Athletic Coordinator
Zach "Porter"	Technical Coordinator
Treza Hafzalla	Social Coordinator
Garth Ames	High School Rep
Karson Gray	Middle School Rep
Graham Milgate	Personal Assistant to the Teen Development Leader



Service Learning/Community Service Hours

Attention High School students! Loyal Heights Community Center offers Service Learning and Community Service Opportunities. Each of these opportunities requires teens who are responsible, dedicated, dependable, hardworking, trustworthy, self-motivated, detail oriented, and comfortable with working in group settings. Many of the opportunities that we provide are service based and require an understanding of customer service. If you are interested in the many Service Learning/ Community Service opportunities that we have available please call Jefri at 684-4052 or Ron Mirabueno the service Learning Coordinator at 233-3979.



teens

Homework Circle (HWC)

Mondays - Thursday 2:30 - 3:30pm
Loyal Heights Community Centers
Dedicated space will be set aside at each community center for one hour after school Monday - Thursday for those teens that would like help with their homework or upcoming projects.

Open Gym

Monday - Friday Grades 6 -12
Each day Loyal Heights will open their gym doors so that Middle School and High School students have the opportunity for free shoot.

T³ - Teen Time and Talk

Monday – Friday Grades 6 - 12
3:30 - 4:30pm
Every day the loft will be open for Middle School and High School Teens to chill, hang, and talk about important issues that are facing young people today.

Teen Weight Room Takeover

Monday / Wednesday Grades 6-12
4:30 - 6pm Fee: Free
Loyal Heights Community Center
Must have Weight Room Orientation

Teen Trainers in Training

Tuesday 3 - 4:30pm

Suitcases of Hope

Wednesdays Grades 6 -12
3 - 4pm Fee: Free
Loyal Heights Community Center
Suitcases of Hope is a program where Teens personalize and decorate donated suitcases for foster children in our community. If you have a passion for art or just like to have fun this is a great way to make a positive difference in our community.

Open Swim at Ballard Pool

Wednesdays Grades 6 -12
4:30 - 6:30pm Fee: Free
Ballard Pool
Come join us each Wednesday as we transport teens down to Ballard Pool and back to LHCC for an hour of open swim.

Got Game?

Thursday Grades 6 -12
4:45 - 6:30pm Fee: Free
Jeopardy, Family Feud, Flick it and Cranium are just a few of the games that we will engulf ourselves in. So brush up on your skills as we attempt to find out if you've got game!

Fun and Fancy Free Fridays

Fridays Grades 6 -12
5 - 9pm Fee: \$7
What do you want to do?

adults

Weight Room

Cost:	\$35	6 months
	\$20	3 months
	\$10	1 month
	\$1	Drop-In visit
	\$15	10 visit Punch Card

Lift those weights and pump that iron! Equipment includes a stair master, stationary bike, free weights, treadmill, and four weight machines. Ages 18 and older. The weight room is available to participants over 16 years of age with a parent.

The weight room is open during the following times:

Monday	1 - 8:45pm
Tuesday	10am - 6:30pm
Wednesday	1 - 8:45pm
Thursday	10am - 6:30pm
Friday	12:30 - 8:30pm
Saturday	10:15am - 4:45pm
Sunday	Closed

These hours subject to change

FUN FIT

M/W/F 9:15am - 10:15am

This program is ongoing

Fast Pass \$20 / 5 classes
Fast Pass \$40 / 10 classes
Buy 10 classes and get 1 free

Instructor: Tracey Peltier

Creative Director: Barbara Ode

Come and experience the joy of movement! High or low impact aerobic dance using a wide variety of music; followed by strength training, abdominal work, and stretching, with an emphasis on FUN!

Childcare Available During FUN FIT

We offer childcare while you work out.

\$2/one child
\$3/two children
\$5/three children
\$7/four children

adults/seniors

new new new new new new

Experiments in Collage and Mixed Media I

Age 14+

8 weeks

Thursdays

\$90

Supply Fee included

April 22 - June 10

6:30 - 8:00pm

Room 5

Instructor: Ginger Huebner

Explore the freedom of collage and mixed media! Students will learn about the history of collage and understand how the techniques can be used to communicate powerful and inspiring messages. The instructor will present examples of a new artist each week and will have a large variety of art mediums and material sources to choose from. Students are welcome and encouraged to bring in their own art mediums (paint, chalk, markers, pencils, etc) or other items (old books, photographs, images, magazine/newspaper clippings, etc) that could be utilized in the work produced. The possibilities are endless as students will work in two-dimensions to produce small-scale practice studies on their way to creating either one large work or a series of smaller works on paper. Come prepared to have fun and let your creativity blossom.

Origami

5 week sessions

Session I

Session II

Thursdays

\$40

April 8 - May 6

May 13 - June 10

6 - 7pm

min 5 / max 10

Instructor: Joyce Bailey

Origami, the ancient Japanese art of paper folding, can be more than just a children's activity. With precise folding, decoration, and a little imagination, you can make fascinating mobiles, miniature gardens, 3-D pictures, cards, books, etc. This class will also teach you how easy it is to create authentic deer, cranes, frogs, birds, fish, crabs, ducks, penguins, etc.

Private Piano and Organ Lessons for Adults

12 weeks

Tues./Wed./ or Fri.

\$111

Ages 18 and up

April 6 - June 25

6 - 9pm

Room 3

WANTED

Do you have a special passion, gift, talent, and have an extra one or two hours a week of free time? The Loyal Heights Teen Program is in **need** of adult volunteers, and volunteer instructors. If you would like to share your skills, time, and energy with local neighborhood teens grades 6 - 12 please, contact Loyal Heights Staff.

new new new new new new new

Beginning Adult Dance Tap/Ballet/Jazz

10 weeks

Tuesdays

\$70

April 13 - June 15

6 - 7pm

Instructor: Narda Elaine Curlee

What form of dance is your favorite? Try them all! Tap, ballet, and novelty jazz are all offered in one combo class. Dance attire required. Teens welcome.

seniors

REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS 206-233-7138

Recreation Specialist - Stacie Sheridan

e-mail: stacie.sheridan@seattle.gov

Spring Quarter Dates: April 5- June 18 **No Programs:** May 31st **Make-Ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins March 22nd. Please use the **Registration Form** in this brochure. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs, ATT: Stacie, 8061 Densmore Ave. N, Seattle, WA 98103. Make checks payable to 'SAAC'

Fitness

CIRCUIT TRAINING | \$22.00

This class is perfect for all fitness levels. Gain strength, greater flexibility, look and feel better.

TBA	Tues	9-10am	Loyal Heights
TBA	Thurs	9-10am	Loyal Heights
TBA	Fri	11-12noon	Loyal Heights

YOGA & MEDITATION \$22-1 day week Rejuvenate your spirits with yoga! Practice positions to build strength/flexibility while deepening relaxation to improve daily life and the ability to grow and change.

S. Denison	Mon	10:15-11:15am	Loyal Heights
S. Denison	Thurs	10:15-11:15am	Bitter Lake

DROP-IN PICKLEBALL Free Team up with other players - fun and challenging! Wear non-scuff shoes! The Ballard program begins **April 13.**

Tuesdays 12:15-2:15pm Loyal Heights

For more senior activities please pick up a current copy of the senior adult program brochure.

General information

MISSION

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

E-BROCHURES ARE AVAILABLE!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. Please send an e-mail to Penny.Atwood@seattle.gov if you would like to receive notification that the electronic version of the next quarter's brochure is available online.

SCHOLARSHIPS

The Loyal Heights Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

SUGGESTIONS

We welcome your ideas for improving our community. If you want to suggest a new class or if you have an idea you think would benefit Loyal Heights Community Center or our community in general, please let us know.

INTERESTED IN TEACHING?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill or knowledge you would like to share with others in a class or workshop format, please contact us at 684-4052.

ANTI-DISCRIMINATION POLICY

As a matter of policy, law and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or the presence of any sensory, mental or physical handicap.

ADA COMPLIANCE

We will make reasonable accommodation, upon request, for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 684-4052 or TDD 206-233-7061. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

RENTALS

For information about room rentals, please pick up a copy of our facility rental brochure, talk to our staff, or visit <http://www.ci.seattle.wa.us/parks/reservations/Facrentalguide.htm>.

FOR MORE INFORMATION

For information about Parks and Recreation facilities, recreation programs, picnic shelters and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and about programs for special populations, please call 206-684-4950.

PAYMENT REGISTRATION

Payment: Registration for Spring Quarter begins March 15, unless otherwise noted. You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to Loyal Heights Advisory Council. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee, in cash or by money order or credit card. We are working on a system that will make online registration available.

FEES AND CHARGES

The Loyal Heights Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 1.2 percent, plus a .5 percent utility fee paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

REFUNDS

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire Refund Policy, #7.16, for specific information.

WAITING LISTS

We will create waiting lists for any class that is filled. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability at 206-684-4052.

CONFIRMATION

We cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

CLASS CANCELLATIONS

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we must then cancel it.

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the **adult** who is financially responsible for the family account.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____
Name Phone Relation

☐ PARTICIPANT info differs from above. How does it differ? _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
TOTAL								\$	

*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

How would you like to pay?

Person making payment _____
(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref) #: _____

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

**PLEASE INCLUDE
PAYMENT**

**Please make check
payable to: Loyal
Heights Advisory
Council**

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

**LOYAL HEIGHTS WOULD
LIKE TO THANK THE
FOLLOWING FOR THEIR
CONTRIBUTIONS TO THE
PANCAKE BREAKFAST.**

**LOYAL HEIGHTS COMMUNITY CENTER
BASKETBALL COACHES AND PLAYERS**

**LOYAL HEIGHTS COMMUNITY CENTER
ADVISORY COUNCIL**

**LOYAL HEIGHTS COMMUNITY CENTER
STAFF**

**QFC IN CROWN HILL, BALLARD AND
HOLMAN ROAD**

**SAFeway IN CROWN HILL, BALLARD
AND GREENWOOD**

BETTER MEAT INC.

LOYAL HEIGHTS ELEMENTARY SCHOOL

BALLARD MARKET

**SEATTLE DEPARTMENT OF PARKS AND
RECREATION**



Loyal Heights Community Center

Mon./Wed./Fri.

1pm - 9pm

Tues./Thurs.

9am - 9pm (until May 29)

Saturday

10am - 5pm

Sunday

Closed



Seattle Parks and Recreation
Loyal Heights Community Center
2101 NW 77th ST.
Seattle, WA. 98117
(206) 684-4052
K1638
